

FOOD & FAMILY

School Menus Told for Week

As a public service the Torrance Press publishes elementary school lunch menus to aid housewives preparing to do marketing to plan dinner accordingly. Lunches to be served in the elementary school cafeterias for the week beginning tomorrow are as follows:

THURSDAY

Salsbury steak, hashed brown potatoes, cabbage, carrot and raisin salad, apricots in syrup, hot french bread and butter, and milk.

FRIDAY

Barbecued Food Rates High Here

By BEA WEBB
Southern Calif. Gas Co.
Home Economist

Here in Southern California we "live" outdoors nearly all year long, thus the great demand for swimming pools, outdoor gas heaters and atmospheric gas lights. Cooking, too, in Southern California has seen a change over a period of a few short years and barbecued foods are "it" and no wonder! Tasty, healthful, and easy to serve barbecued meats, poultry or fish (whether roasted or charbroiled) provide delicious eating for family or for a large party. Providing the most convenient way of preparing charbroiled or roasted food, the Char-Glo gas fired barbecue is the ultimate in ease of operation. Ceramic coals which last a lifetime replace the charcoal which always made barbecuing such a bother. A gas flame produces the perfect heat at a moment's notice to caramelize meat juices and give the typical "charcoal broiled" flavor. We think you'll enjoy these recipes for barbecued meat, done either indoor or out on a gas fired barbecue.

TERIYAKI

2 lb. top sirloin steak
1 cup soy sauce
1 cup sugar
1/2 cup vinegar
1/4 to 1/2 tsp. powdered ginger
3/4 cup pineapple juice
Cut meat into three inch wide julienne strips and allow to stand in marinade made of remaining ingredients 2 to 3 hours. Thread meat onto skewers and place on rotisserie of gas barbecue. Roties with high flame for 20 to 30 minutes. If you wish, roties in gas broiler, rotisserie compartment, using full flame. (Be sure to close broiler door to keep the kitchen cool and clean). Marinade may be refrigerated in a tightly covered container until used again.

SPARERIBS SAN JOAQUIN

Have spareribs cut in pieces four to five inches long or two or three ribs wide. Mix a marinade in these proportions:
2 Tbsp. dry mustard
2 Tbsp. Worcestershire sauce
2 Tbsp. oil
1/2 tsp. Tabasco sauce
1 cup catsup
Salt and Black pepper
Parboil ribs 45 minutes in simmering water. Roll ribs in this mixture and let stand an hour or longer, turning occasionally. Grill slowly on barbecue, using low flame beneath ceramic coals. Baste frequently with sauce while grilling.

Taken from The California Cook Book BARBECUED HALIBUT WITH WESTERN SAUCE

1 clove garlic, finely chopped
1 8 oz. can tomato juice
2 Tbsp. lemon juice
1 Tbsp. Worcestershire sauce
1/4 cup chopped onion
2 Tbsp. chopped green pepper
2 Tbsp. butter, melted
1 Tbsp. sugar
2 tsp. salt
1/4 tsp. pepper
Thaw 2 lbs. frozen halibut steaks. Cook onion, green pepper and garlic in butter until tender. Add remaining ingredients and simmer for

Tuna burgers, tater tots, tomato wedges with lettuce, cherry sundae and milk.

MONDAY

Hot dog on a bun, buttered peas, creamy cole slaw, apple crisp with cheese, and milk.

TUESDAY

Oven baked chicken, potatoes au gratin, relish sticks, citrus fruit cup, bread and butter, and milk.

WEDNESDAY

Baked meat loaf, buttered broccoli, apple, raisin, and celery salad, chocolate cake, bread and butter, and milk.



BEA WEBB

5 minutes, stirring occasionally. Cool. Cut steaks into serving portions. Place fish in a single layer in shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Cook on grill of gas fired barbecue for 8 minutes on first side. Paste, turn, and cook for 7-10 minutes on second side.

TO BE CO-HOSTESS

Mrs. Charles Lockwood of Torrance will be co-hostess at a wine-tasting party to be held at the home of Miss Martha Oehlerker of Inglewood for XI Gamma chapter, Beta Sigma Phi members and husbands Saturday, March 30.



WINNING COOK is Mrs. Walter F. Allingham of 21801 Linda Dr., Torrance, whose recipe for Lenten Cheese Puff wins her the title of Cook of the Week plus a check for \$5. The tasty meatless dish features eggs, cheddar cheese and scallions in a mock souf-

fle. Entries in the Cook of the Week contest should be addressed to GOURMET editor, The Press, 3238 Sepulveda Blvd. Winners are determined on basis of originality plus seasonal basis.

—PRESS photo

Pickled Cod Puts the Spice in Lenten Life

TO ADD ZEST TO A SPECIAL LUNCH, GET PICKLED

cod, that is. One of the many advantages of sea foods — and of the reasons for their world-wide appeal — is that here is one entree that can be prepared in as many ways as there are imaginations. Whether you are preparing for a lunch, a dinner, a buffet or a midnight snack after the theatre: pickled cod, is an ideal choice.

PICKLED COD

1 pound pkg. frozen cod fillets, thawed
3/4 cup vinegar

- 1/4 cup water
- 1 lemon, thinly sliced
- 1 carrot, thinly sliced
- 1 onion, thinly sliced
- 1/2 teaspoon salt
- Pinch of leaf thyme
- 6 peppercorns
- 2 bay leaves
- 2 tablespoons chopped parsley

Place cod fillets in lightly-greased baking dish. Combine remaining ingredients and pour over the fish. Bake in moderate oven (375 deg.) 35 to 30 minutes, basting occasionally. Chill. Before

serving, drain all liquid, cut fish into squares and serve on crisp lettuce or watercress with your favorite salad dressing. (Serves four)

Violets for Memory

"Violets for Memories" is the theme of the ninth annual African Violet Show which opens March 29 and 30 at the Professional Women's Clubhouse, 820 Java St., one block east of S. La Brea near Arbor Vitae St., in Inglewood. The event is sponsored by the African Violet Society of Inglewood.



GARDEN GLORY goes glamorous for Lenten luncheon! Pleasing to the palate and pretty as a picture is a platter of perky vegetables, precociously pleasing to be paraded as party fare. The hostess with a penchant for posies can pamper her pursestrings by serving a saucy vegetable plate with an elegant flair. With a dash

of candlelight, a linen cloth, and a bowl of fresh-cut flowers, the simplest meal takes on airs. To round out a light-hearted luncheon, throw caution to the breeze and splurge on the richest dessert in your recipe roster!

COOK OF THE WEEK

LENTEN CHEESE PUFF

This dish is an excellent choice for a meatless dinner during the Lenten season. It also is a very appropriate choice for luncheon. One of its greatest virtues is that it can be prepared several hours in advance and let stand before being baked. A heartier variation may be had by adding one cup of ground ham or 8 ounces of chipped beef. Or try spreading the slices of bread with a can of minced spiced ham. 8 slices of white bread, buttered on one side
20 thinly sliced scallions
1/2 lb. grated cheddar cheese, sharp
6 eggs
3 cups milk
1/2 tsp. salt
1/2 tsp. dry mustard

- 1/4 tsp. paprika
- 1 Tbsp. brown sugar
- dish cayenne pepper
- 1/2 tsp. Worcestershire sauce.

Cut buttered bread into cubes and lay evenly in bottom of greased 9x13 baking pan. Spread sliced scallions evenly over bread, then add the cheese. Beat the eggs, add the milk and seasonings. Stir well and pour over ingredients in pan. Press bread gently down into liquid so that all the bread is thoroughly coated with the liquid. Let stand at least one hour before baking. Cover pan with aluminum foil and bake in 300 degree oven for one hour. Remove foil and let bake about 15 minutes more or until the sides are crusty. Serves 6.

Sauces Add Zip To Vegetables

In France, vegetables are regarded as such good eating that often they are featured as the main course. Or, when meat is the entree, they are served as a separate course so that their splendid flavors can be enjoyed individually and without interruption.

The French homemaker calls on a vast repertoire of exciting sauces to transform vegetables into really special dishes. Polanaise Sauce, for example, is a more elaborate version of our familiar bread crumb topping. It is ideal on cauliflower, carrots, green beans and asparagus. Hollandaise Sauce, best known of all French vegetable sauces, is the classic accompaniment for asparagus. It is excellent also on broccoli and green beans.

What is good for the French vegetables is good for the American. The best in condiments and other ingredients are a first essential and, in this category, margarine is perfect to crown any hot vegetable with its golden goodness.

These sauce recipes illustrate just what magic the French touch contributes to vegetables:

POLANAISE SAUCE

2 Tbsp. margarine
1 to 2 Tbsp. dried bread crumbs
Few drops lemon juice
1 to 2 Tbsp. chopped hard-cooked eggs

Chopped parsley

Heat margarine in a small saucepan until it begins to turn brown. Add crumbs and cook until golden. Add lemon juice. To serve, spoon crumb mixture over hot, cooked vegetables (cauliflower, carrots, green beans or asparagus). Sprinkle with chopped egg and parsley. Makes enough for 2 to 3 servings.

HOLLANDAISE SAUCE

1/2 cup (1 stick) margarine
2 egg yolks
1/4 teaspoon salt
Dash of pepper
2 Tbsp. lemon juice
Melt margarine. Beat egg yolks in small bowl until thick and lemon-colored. Then beat in melted margarine, adding in a teaspoon at a time. Slowly beat in the lemon juice. Serve with hot, cooked vegetables (asparagus, broccoli or green beans). Makes about 2/3 cup.

Soup Seasons Creamed Egg

By CAROLYN CAMPBELL

The Lenten season really begins a beautiful time of the year. Spring is on the way as thoughts turn to budding flowers, gentle winds, and sunny skies.

A wonderful way to capture these joyful feelings is with a favorite and informal Sunday brunch or supper. Even you can sit relaxed and join in when you depend on canned condensed soup for the buffet. Just fill your prettiest chafing dish with luscious creamed eggs in a smooth, flavorful sauce made with canned condensed cream of celery or mushroom soup. Served over crisp toast cups, it makes a simple but elegant dish.

A tray of fresh fruit and a basket of warm doughnuts will complete the picture perfectly. Make sure there's plenty of good, hot coffee.

SPECIAL CREAMED EGGS

1 can (10 1/2 ounces) condensed cream of celery soup
1/3 to 1/2 cup milk
4 hard cooked eggs
2 Tbsp. chopped pimento
4 slices toast
In saucepan, blend soup and milk. Add eggs and pimento. Heat, stirring now and then. Serve on toast. Makes 4 servings.

They 'Visit' Dinosaurs

Mr. and Mrs. Paul J. Eldridge, of 1152 W. 220th St., and Henry A. York, of 930 Arlington Ave., Torrance, are recent guests of Dinosaur Caverns, on P.S. Highway 66. The caverns are said to be 150 million years old.

SINCERITY

Be what you are. This is the first step toward becoming better than you are. —Julids Hare

PLEASURE

It is the paradox of life that the way to miss pleasure is to seek it first. —Hugh Black